

PRINCE WILLIAM

— Area Agency on Aging

www.pwcgov.org/seniorcenters

703-792-6405

Prince William Senior Center

MANASSAS



MASTER GARDENER PRESENTATION

Tuesday, October 12, 1:00 p.m.

Sally Peterson, Master Gardener, will discuss the importance of native plants in our environment.

OCTOBER 2021

OKTOBERFEST

Friday, October 1, 12:00 p.m.

Entertainment: 12:30 p.m.

Come celebrate Oktobestfest with a German lunch and accordion music by Justin Paschalieds.



HALLOWEEN SPOOK-TACULAR

Tuesday, October 26, 10:30 a.m.-2:00 p.m.

We would like to invite all the goblins and ghouls to celebrate Halloween with spooky stories, lunch and even a costume contest. Prizes will be awarded.

Upcoming **EVENTS**

MEDICARE OPEN ENROLLMENT

October 15th-December 7th

This is the time to review your Medicare Part D or Medicare Advantage Plan to see if you are in the best plan. For free counseling and assistance contact the Prince William Area Agency on Aging's Virginia Insurance Counseling and Assistance Program (VICAP) Coordinator, Rosemari Walker at 703-792-4156, or rwalker@pwcgov.org

MUSICIAN OF THE MONTH

Monday, October 4, 12:30 p.m.

A guided presentation on the history of Elvis.

JEOPARDY WITH CORY

Tuesday, October 5, 10:30 a.m.

Monday, October 11, 12:30 p.m.

Put your knowledge to the test with our Jeopardy contest. Prizes will be awarded.

LEGAL SERVICES (Medicaid Attorney)

Tuesday, October 12, 10:30 a.m.

Legal Services Medicaid attorney will talk about how to qualify for and receive Medicaid.

OFFICER TRUMAN PRESENTATION

Monday, October 18, 12:30 p.m.

Please join Officer Truman for a safety presentation.

ROCK PAINTING

Friday, October 22, 12:30 p.m.

Join us in the craft room for a relaxing afternoon.

STEP SISTERS PERFORM

Monday, October 25, 10:30 a.m.

Please join us for a spell-binding performance by our very own tap dance group, the Step Sisters.



NATIONAL FIRE PREVENTION MONTH PRESENTATION

Tuesday, October 19, 12:30 p.m.

The Prince William County Fire Department will be here to teach you about how to keep yourself and your loved ones safe from fire.



ACCESS VIDEO ON DEMAND

PWC Public Library

Friday, October 22, 10:30 a.m.

Matthew Yunque, PWCPL, will talk about Access Video on Demand and how it provides instant access to world-class documentaries, award-winning educational films, and helpful instructional videos covering a wide range of subjects, such as business, career planning, health, history, travel, and more.



ACTING CLASS PERFORMANCE

Friday, October 29, 12:15 p.m.

Lunch served at 11:30 a.m.

The Past-time, Prime-time Players are back and better than ever! Please join them for a performance guaranteed to brighten your day.

ACTIVITIES GUIDE

HEALTH & WELLNESS

LEARNING ACTIVITIES

Acting Class	Fri	12:30 PM	Free
Digital Devices	W	Check Calendar	Free
Knit & Crochet	TU	10:00 AM	Free
Self-Guided Painting	W & last TH	9:30 AM, 12:00 PM	Free
Photography	W	Check Calendar	Free
Quilting	2nd & 4th TU	1:00 PM	Free

FITNESS AND HEALTH ACTIVITIES

Fitness Video	M, W, F	10:00 AM	Free
Intro to Line Dancing	W	11:00 AM	Free
Line Dancing	M, TU, TH	11:00 AM	Free
Middle Eastern Dancing	M	2:00 PM	Free
Tai Chi	M	9:10 AM	Free
Tai Chi	F	1:00 PM	Free
Tap Dancing	M,W	12:00 PM, 1:00 PM	Free
Yoga Video	W	12:30 PM	Free

FUN ACTIVITIES

Adult Coloring	TH	10:00 AM	Free
Bingo	TU, F	12:30 PM, 10:30 AM	\$1.00
Birthday	2nd W	12:30 PM	Free
Bridge	M	1:00 PM	Free
Bunco	3rd W	1:00 PM	Free
Cards & Games	Daily	9:00 AM-4:30 PM	Free
Mahjong	TH	12:30 PM	Free
Pool	M-F	9:00 AM-4:30 PM	Free
Table Tennis	M, W, F	10:00 AM-12:00 PM	Free

GRIEF SUPPORT GROUPS

Capital Caring of Northern Virginia is offering virtual support group sessions. If you have lost a loved one within the last two years or are experiencing general grief, please contact Capital Caring at 1-844-447-4383 and tell them that you would like to sign up for a virtual grief support session.

THE KEYS TO EMBRACING AGING

Monday, October 4, 10:30 a.m.

In celebration of active aging week, Cory will do a presentation on "The Keys to Embracing Aging".



LOOKING FOR A FUN, NEW WAY TO BE MORE ACTIVE?

Every Tuesday and Thursday at 2:00 p.m. for 10 weeks, October 5 through December 14. Play online!

BINGOCIZE® is a FREE 10-week virtual health promotion program that combines the game of bingo with fall prevention exercise. Come play bingo and meet new people while learning about techniques to reduce falls.

To register: Call Jodie Houser, PWAAA Program Coordinator at: 571-241-3925 or email at jhouser@pwcgov.org.

Senior Center Staff

Sue Gilbert, Human Services Manager

Michelle Choi, Administrative Coordinator

Bonnie Swank, Lead Cook

Debra Null, Cook

John Perry III, Driver Transportation Service Specialist

Cory Cox, Health & Wellness Coordinator

Vacant, Public Health Nutritionist

Jodie Houser, Evidence Based Program Coordinator

For more information about our programs and services, call 703-792-6374, or email pwaaa@pwcgov.org. For TTY please dial 7-1-1 for the Virginia Relay system.

Para asistencia en Español acerca de los servicios para personas mayores llame al 703-792-5962.

FRIENDS

NEWS

The Friends Board meet the first Wednesday of every month at 1:00 p.m.; everyone is welcome to attend. The next board meeting is Wednesday, October 6.

The Friends briefing will be held on Wednesday, October 13 at 12:15 p.m.

The Friends will have an election in April. If anyone has been considering running for a seat on the Friends board, there are a couple of openings to backfill a seat. There are also two community representative positions open. Please ask a member of the Friends how you can get involved.

The Silent Auctions have resumed. Auction items are placed on display in the lobby/front desk area.

Memory stones are available to purchase. Please see a member of the Friends for an application.

UPCOMING EVENTS

KENA SHRINERS BAND

Tuesday, November 9, 1:00 p.m.

VETERANS' DAY CELEBRATION

TBD

CLOSED FOR VETERANS' DAY

Thursday, November 11

CLOSED FOR THANKSGIVING

Thursday, November 25 and
Friday, November 26

CENTER NEWS

SENIOR SERVICES

Information about aging, disabilities, caregiving and available services.

Assistance with Connecting to Services:

(703) 792-6374

Medicare Counseling:

Help with understanding Medicare.

(703) 792-4156

Volunteering: A variety of opportunities.

(703) 792-4583

Legal Services: By appointment only.

(703) 778-6800

Bluebird Tour Program:

Day and overnight tour schedules.

(703) 339-0333

pwcgov.org/bluebird

Meals on Wheels: Weekday meals delivered to adults 60+ who are homebound and unable to cook for themselves.

(703) 792-6374

Senior Link: Provides daily reassurance calls to those who need reminders or wellness checks.

(703) 368-4141

Transportation to and from Senior Center:

(703) 792-5956

Veterans Services: Call for an appointment.

(703) 359-1210

Congregate Meal Suggested Donations

For those 60 or better, there is a donation box in the dining room that has a suggested donation chart based on monthly income. Your donations help to offset the cost of the meals. For guests under 60, the cost is \$5.75, which must be paid for and receipted in the office prior to eating.

October 2021

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Our Mission Statement:</p> <p>To provide services, education and socialization to persons 55+ in the community, in order to foster independence and quality of life.</p>	<p>A chef salad is available in lieu of regular lunch. If you plan on eating lunch, you must sign up by 10:30 a.m. the day you are eating.</p>	<p>VOLUNTEERS NEEDED</p> <p>We are actively searching for a volunteer craft instructor and volunteers to work the front desk. If you are interested, please see a staff member.</p>	<p>ONE-ON-ONE KNITTING AND CROCHETING</p> <p>Mary Scott, member of the center, is providing one-on-one instruction to our members here at the center. To schedule, please sign up at the front desk.</p>	<p>1</p> <p>10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 12:30 Oktoberfest 12:30 Acting Class (Fitness Rm 1) 1:00 Tai Chi (Fitness Rm 2)</p>
<p>4</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Fitness I Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 10:30 Keys to Embracing Aging 11:00 Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 12:30 Musician of the Month 1:00 Bridge (Classroom) 2:00 Middle Eastern Dancing</p> <p>National Taco Day</p>	<p>5</p> <p>10:00 Knitting/Crocheting (Craft Rm) 10:30 Jeopardy 11:00 Line Dancing (Fitness Rm 2) 12:30 Bingo (Dining Rm) 2:00 BINGOCIZE® (Virtual)</p>	<p>6</p> <p>9:30 Self-Guided Painting (Craft Rm) 10:00 Fitness Video (Fitness Rm 2) 10:00 Digital Devices 10:00 Table Tennis (Fitness Rm 1) 11:00 Intro to Line Dancing (Fitness Rm 2) 11:00 Photography 12:30 Yoga Video (Fitness Rm 2) 1:00 Friends Meeting 1:00 Tap Dancing (Fitness Rm 1)</p>	<p>7</p> <p>10:00 Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 12:30 Mahjong (Card Rm) 12:30 Bible Study (Classroom) 2:00 BINGOCIZE® (Virtual)</p>	<p>8</p> <p>10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 12:00 Music with Ted 12:30 Acting Class (Fitness Rm 1) 1:00 Tai Chi (Fitness Rm 2)</p>
Tacos	Chicken & Noodles	Open-Faced Roast Beef Sandwich	Stuffed Pepper	Spinach & Cheese Ravioli
<p>11</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Fitness I Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 12:30 Jeopardy 1:00 Bridge (Classroom) 2:00 Middle Eastern Dancing</p>	<p>12</p> <p>10:00 Knitting/Crocheting (Craft Rm) 10:30 Qualifying for Medicaid (Dining Rm) 11:00 Line Dancing (Fitness Rm 2) 12:30 Bingo (Dining Rm) 1:00 Master Gardener 1:00 Quilting 2:00 BINGOCIZE® (Virtual)</p> <p>National Pulled Pork Day</p>	<p>13</p> <p>9:30 Self-Guided Painting (Craft Rm) 10:00 Fitness Video (Fitness Rm 2) 10:00 Digital Devices 10:00 Table Tennis (Fitness Rm 1) 11:00 Intro to Line Dancing (Fitness Rm 2) 11:00 Photography 12:30 Birthday Celebration 12:30 Yoga Video (Fitness Rm 2) 1:00 Friends Briefing 1:00 Tap Dancing (Fitness Rm 1)</p>	<p>14</p> <p>10:00 Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 12:30 Mahjong (Card Rm) 12:30 Bible Study (Classroom) 2:00 BINGOCIZE® (Virtual)</p>	<p>15</p> <p>10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 12:00 Music with Ted 12:30 Acting Class (Fitness Rm 1) 1:00 Tai Chi (Fitness Rm 2)</p> <p>Medicare open enrollment begins</p>
White Chicken Chili	Pulled Pork BBQ	Beef Stew	Tuna Salad Plate	Chicken a la King
<p>18</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Fitness I Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 11:00 Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 12:30 Officer Truman 1:00 Bridge (Classroom) 2:00 Middle Eastern Dancing</p>	<p>19</p> <p>10:00 Knitting/Crocheting (Craft Rm) 10:30 Bingo (Dining Rm) Time Change 11:00 Line Dancing (Fitness Rm 2) 12:30 Fire Prevention Month Presentation 2:00 BINGOCIZE® (Virtual)</p>	<p>20</p> <p>9:30 Self-Guided Painting (Craft Rm) 10:00 Fitness Video (Fitness Rm 2) 10:00 Digital Devices 10:00 Table Tennis (Fitness Rm 1) 11:00 Intro to Line Dancing (Fitness Rm 2) 11:00 Photography 12:30 Yoga Video (Fitness Rm 2) 1:00 Bunco 1:00 Tap Dancing (Fitness Rm 1)</p>	<p>21</p> <p>10:00 Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 12:30 Mahjong (Card Rm) 12:30 Bible Study (Classroom) 2:00 BINGOCIZE® (Virtual)</p>	<p>22</p> <p>10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Canceled) 10:30 Access Video on Demand 12:30 Acting Class (Fitness Rm 1) 12:30 Rock Painting 1:00 Tai Chi (Fitness Rm 2)</p>
Salisbury Steak	Cabbage Roll	Chicken & Waffles	Taco Salad	Stuffed Shells
<p>25</p> <p>9:10 Tai Chi (Fitness Rm 2) 10:00 Fitness I Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 10:30 Step Sisters Perform 11:00 Book Club (Conference Rm) 11:00 Line Dancing (Fitness Rm 2) 12:00 Tap Dancing (Fitness Rm 1) 1:00 Bridge (Classroom) 2:00 Middle Eastern Dancing</p>	<p>26</p> <p>10:00 Knitting/Crocheting (Craft Rm) 10:30 Halloween Spooktacular 11:00 Line Dancing (Fitness Rm 2) 12:30 Bingo (Canceled) 1:00 Quilting 2:00 BINGOCIZE® (Virtual)</p>	<p>27</p> <p>Closed for Staff In-Service Day</p>	<p>28</p> <p>10:00 Adult Coloring (Open) 11:00 Line Dancing (Fitness Rm 2) 12:00 Self-Guided Painting (Craft Rm) 12:30 Mahjong (Card Rm) 12:30 Bible Study (Classroom) 2:00 BINGOCIZE® (Virtual)</p>	<p>29</p> <p>10:00 Fitness Video (Fitness Rm 2) 10:00 Table Tennis (Fitness Rm 1) 10:30 Bingo (Dining Rm) 11:30 Early Lunch 12:15 Acting Class Performance (Dining Rm) 1:00 Tai Chi (Fitness Rm 2)</p> <p>National Breadstick Day</p>
Chicken Alfredo	Spicy "Bat" Wings		Meatball Sub	Crab Cake